Charity registration number: 1055224

North Devon Mental Health Service Users Forum

also known as

Clarity

Annual Report and Financial Statements

for the Year Ended 31 December 2025

WESTCOTTS

CHARTERED ACCOUNTANTS
& BUSINESS ADVISERS

North Devon Mental Health Service Users Forum

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North Devon Mental Health Service Users Forum

Reference and Administrative Details

Trustees:	Matthew Jones (resigned 8 July 2025) Bryony McDonald Elliot Harris Dr Richard Holman, (resigned 31 January 2026) Frank Biederman (resigned 11 August 2025) James Craigie Christopher McDonald
Charity Registration Number	1055224
Principal Office	104A Boutport Street Barnstaple Devon EX31 1SY
Independent Examiner	Westcotts (SW) LLP 47 Boutport Street Barnstaple Devon EX31 1SQ

North Devon Mental Health Service Users Forum

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 December 2025.

Trustee Report

Founded in 1996 as North Devon Mental Health Service Users Forum, the charity – known as Clarity - is administered by a Board of Trustees who present their report and the financial statements for the year ended 31 December 2025. The trustees who served during the year and up to the date of this report are set out on page 1.

Our Vision - That everyone over the age of 18 in North Devon can receive timely, professional and high-quality mental health care no matter their income or background.

Our Ethos - We believe in every person's right to have access to therapeutic services that meet their needs and will improve their mental wellbeing. To provide excellence in the counselling we deliver, we will always promote a culture of sensitivity, trust and respect for those who need our services.

Our Public Benefit - The charity operates for the public benefit by providing mental health support to adults in Northern Devon by way of counselling and group therapy, using appropriately and professionally trained counsellors. The Trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

Message from the Trustees

Clarity's Mission is simple - to ensure every adult in North Devon can access affordable, professional and effective mental health support.

At a time when NHS provision is often limited or delayed due to overwhelming demand, and private therapy is beyond the financial reach of many, Clarity fills the void by providing affordable 1-1 counselling and group therapy. Clarity ensures that socioeconomic status is not a barrier to high impact, timebound support that promotes growth and independence.

Clarity faces the same pressures that the wider health and social care system is facing; increasing acuity, legacies from a global pandemic, disproportionate opportunity, and a cost-of-living crisis. North Devon is rightly renowned as a holiday hot spot, with long sandy beaches, rugged cliffs, open moorland and hidden coves. But an economy built on tourism creates challenges for the local population. Homelessness is a significant, rising issue driven by low wages, high rents, and limited social housing. While the South West has one of the highest rates of rough sleeping in England, North Devon specifically faces acute pressure in coastal areas and towns like Barnstaple, the regional hub for Northern Devon. With a large geographical footprint of 800 square miles (larger than greater London) this rural area has a population of just 165,000, a sparsity that creates a lack of services, alongside difficulties in accessing services for those in rural areas which lack effective transport links. The cost of living crisis has cut deep into this community, and mental health has suffered.

Data from Public Health Devon evidences that approximately 13% of adults registered with their GP have a diagnosis of depression; that around 1 in 6 adults in the Integrated Care System for Devon experience a mental health problem in any given week; that emergency hospital admissions for intentional self-harm in North Devon are significantly above the national average at 333 per 100,000 population; and the suicide rate in Devon is statistically higher than the average for England. As trustees, we remain deeply conscious of the human impact behind these statistics and the responsibility they place on the charity to respond sustainably and safely.

Trustees' Report (continued)

To ensure comprehensive mental health support is accessible, Clarity works on a 'pay what you can' basis. Donations are encouraged to help us remain sustainable, but we do not enforce a fixed fee to ensure affordability is not a barrier to good mental health. Funding from The National Lottery has enabled this by providing core funding that contributes toward our small staff team who provide direction, supervision and support to our team of volunteer counsellors. However, as both demand and costs increase, the funding gap is widening, requiring continued and proactive fundraising efforts. The Board keeps financial resilience under close review to ensure Clarity can meet growing need without compromising governance or quality of care.

To keep our cost base as low as possible, our counsellors volunteer their time. Most are fully qualified and widely experienced, and we thank them with free clinical supervision, travel expenses and CPD opportunities that allow them to gain specific skills, experience and training. We also offer clinical placements for counselling students in their final year that provides them with learning opportunities, peer support, line management and clinical supervision. Many of our students stay on to support us as volunteers after they become qualified. However, in line with national trends, we see a reduction in the number of people able to volunteer with us, as many have to increase their working hours for paid employment to meet rising costs.

Our volunteers are our lifeblood, and we are grateful for their ongoing commitment and expertise. It is only through the gift of their time, and the continuous innovation of our small management team that Clarity was able to meet some significant milestones in 2025:

- 162 people supported with 1-1 counselling
- 1,549 counselling sessions (avg 14 sessions per person)
- 51 people supported through therapeutic groups or mental health workshops

This delivered strong outcomes for our clients, and strengthened our community with:

- 85% of clients reporting better coping skills and strategies
- 83% of clients reporting improved communication
- 87% of clients reporting reduced feelings of anxiety and depression
- 87% of clients reporting reduced loneliness and isolation
- 86% of clients reporting increased productivity, which includes returning to work

This is a service level never attained before, and as demand for support continues to rise, Clarity enters its 30th year as a registered charity. To mark this anniversary Trustees are taking steps to future proof the charity by upgrading its governance and registering as a CIO, by recruiting new trustees in line with findings of our recent skills audit, and developing new digital platforms that will improve efficiency and effectiveness of our services. These decisions reflect the Board's commitment to safeguarding Clarity's long-term future, so it can continue supporting the mental health of the North Devon community for years to come.

Our Strategy - Over the next 5 years we remain committed to supporting as many people as possible, without compromising on the quality of the service we provide. In order to achieve this our strategic goals are:

1. To identify and meet the mental health needs of the community by expanding and developing the range of therapies available.
2. To ensure continuing growth and development by reviewing existing skillsets and providing the appropriate skills, expertise and training to develop the counselling team where required to support the service and community, and support them in their continuing professional development.

Trustees' Report (continued)

3. To provide a welcoming; supportive and safe environment for therapy, and investing in our premises and resources as required to meet this goal.
4. To ensure that Clarity is synonymous with high quality counselling with no barrier to entry, within the local community for the service it provides, with easy and accessible self-referral for the public, or referral processes for other organisations.
5. In order to meet the strategic aims and needs described, to develop and increase fundraising activities and income generation from both public and private sources.
6. To work in partnership with other local and national organisations to deliver system-wide benefits to society.

Objectives for 2026

In line with the strategy outlined above, and to further strengthen the charity in it's 30th year, we have set the following objectives:

1. To strengthen and sustain our volunteer counsellor base by prioritising retention, development, and support of existing volunteers, while creating targeted opportunities to recruit additional counsellors where capacity allows. This will be achieved through a CPD programme aligned with identified learning needs, alongside ongoing assessment, monitoring, and evaluation to ensure high-quality service delivery.
2. To continually develop and promote the accessibility of our free workshops programme for recurring mental health concerns, such as Anxiety, Self Awareness, Self-esteem, and Stress Management.
3. To ensure the charity is able to meet the changing needs of our community through robust triage, assessment, monitoring and evaluation.
4. To strengthen the Charity's governance by adopting a Charitable Incorporated Organisation (CIO) structure.
5. To explore new digital platforms for client management, and monitoring and evaluation systems, to improve the client experience, and maximise efficiency.
6. To recruit additional trustees with skills and experience that strengthen the Board's governance and oversight in line with the charity's evolving needs.

Our Fundraising Activity

Our sincere thanks go to all those organisations and individuals that have supported and raised money for the charity during the year. It is only with this help that we are able to continue to provide our vital mental health support to the people of North Devon.

We remain indebted to The National Lottery Reaching Communities Fund for their ongoing support that has provided a firm foundation from which the charity and its impact have grown enormously. Due to these funds we have been able to sustainably grow, and take steps to achieve our vision. In addition to this vital core funding, in 2025 we also received generous grants and donations from Barnstaple Town Council, Fullabrook CIC, Norman Family Trust, David Gibbons Foundation, North Devon Council, and corporate support from Turnstyle Designs. These gifts combined with grants received in the year prior from The Trusthouse Foundation (now Forte Charitable Foundation), Devon Community Foundation, and the Postcode Local Trust which carried forward to support our service delivery in 2025.

Trustees' Report (continued)

In a challenging financial climate, when many grantmakers are overwhelmed by demand, we also look to our community to help us help each other. It was an incredible privilege to be chosen as the Mayor's Charity, reflecting the trust, support, and shared commitment of our community to making a meaningful difference together. We were also honoured to receive the support of the Bideford Bike Show, and Bideford Rotary, and it has been deeply meaningful to be chosen by Tobias Matthews as one of the beneficiary charities for the funds raised through his personal challenge of completing multiple triathlons.

Our Financial Performance

The accounts have been prepared on a cash basis, in which income is recorded only when received and expenditure is recorded only when paid. Our total receipts for the calendar year 2025 amounted to £134,110 (2024: £122,460) reflecting a 10% increase year on year. Total payments for the year were £144,876 (2024: £116,094), a rise of 25%, and resulted in net payments of £10,766 (2024: net receipts £6,366).

The 10% increase in receipts in the year to 31st December 2025, compared to the previous year, is mainly as a result of receiving early payment of our National Lottery grant instalment of £18,498. This amount will be used to support service delivery in quarter 1 of 2026, but the accounts reflect five quarters of funding received in 2025 totalling £89,766.

Payments were minimised in the early months of 2024 due to previous uncertainty relating to funding and the nature of the subsequent funding, resulting in staff vacancies and restructuring in the early stages of 2024. With three years of National Lottery funding confirmed, this certainty permitted a greater investment in counselling services from other grantmakers. This allowed us to invest substantially in counsellor recruitment for 1-1 counselling, and consequentially in volunteer support costs of travel and supervision.

The security of the National Lottery grant has enabled the charity to invest other funds in its management structure in 2024 and 2025, creating the environment and resources to successfully increase client services.

The overall net position shifting from positive to negative between 2024 and 2025 reflects the use of funds raised late in 2024 and carried over into 2025. As a result, fundraising activity was reduced in the first half of 2025, but increased focus later in the year is expected to reap results in 2026.

Reserves Policy

The trustees have set a reserves policy which includes a designated fund to allow a structured closure of the charity should operational reserves deplete to a level at which the charity is no longer sustainable. This designated fund is reviewed annually and currently stands at £22,700 (2024 £11,189). This increase partly represents the overall increase in running costs and, specifically, the increase in counselling costs funded from unrestricted funds. The resulting designated fund would also cover the professional fees required to implement closure and other specific closure costs.

At their meeting in January 2025, trustees unanimously agreed to designate the generous unrestricted grant of £15,000 from the Postcode Local Trust for the purpose of funding the 2025 core professional fees crucial to the operation of the charity for a period of up to 18 months.

Due to the nature of our service, the trustees have also set an unrestricted reserve policy of a minimum of three months total costs to ensure that the charity is able to support its clients safely through the wind-down period. Based on current expectations, this amounts to approximately £45,000 including those relevant costs represented by the designated fund identified above for cessation of the charity, other than the additional closure costs.

Trustees' Report (continued)

Currently, unrestricted and designated reserves are £48,853 (2024: £47,179). This represents approximately three months of anticipated total costs and one-off closure costs. Unrestricted income funds stand at £24,205 (2024: £35,990). The trustees feel that these unrestricted funds are sufficient to support the charity in its day-to-day operations in 2026.

The trustees also believe that the designated cessation fund totalling £22,700 is, in current circumstances, sufficient to support the additional costs required for a structured closure of the charity, if necessary, but consider that the charity is sustainable for the immediate future.

Our Organisational Structure

Clarity registered as a charity in May 1996. The charity is managed by a Board of Trustees who are responsible for ensuring financial stability and providing professional and strategic advice on policy and resource management.

The trustees are responsible for the overall management and control of the charity and receive regular reports from the clinical team involved in the day-to-day service delivery, and from the administrative and fundraising team tasked with maintaining, recording and safeguarding the charity's finances and supporting the clinical team. All matters and powers of strategic management and control are vested in the Board. The trustees have assessed the major risks to which the charity is exposed in the year and have taken steps to mitigate these risks.

Meeting quarterly, the Trustee Board bring a range of transferrable skills including charity governance, marketing, communications, digital marketing, sustainable growth, corporate governance, health and social care operational management and finance. Trustees also bring lived experience of mental health concerns either through the experience of close family members, or their own personal journey. Two are past service users who were ineligible for statutory support following a life-changing experience. For them, joining the Board of Clarity is an opportunity to give back by bringing expertise in website and optimisation, project management and marketing and charity governance. All give their time freely.

New trustees are appointed by existing trustees, who actively recruit based on experience and skills. During 2025 Frank Biederman and Matthew Jones retired as trustees. At the turn of 2026, after many years of valuable contribution and support, the Chair of Trustees, Richard Holman also retired. For 2026 this role will be fulfilled on a co-chair basis by Elliot Harris and James Craigie. In the Charity's 30th year, Trustee recruitment to support ongoing growth and development will be a focus.

Clarity is traditionally a volunteer led charity, which has grown to include a small staff team at the helm as the charity grows to meet demand. The trustees would like to acknowledge and thank the commitment and care that has been given by staff, counsellors, students and volunteers during the year.

Trustees' Report (continued)

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The annual report was approved by the trustees of the charity on 19th May 2026 and signed on its behalf by:

Elliot Harris
Co-Chair

James Craigie
Co-Chair

North Devon Mental Health Service Users Forum

Independent Examiner's Report to the trustees of North Devon Mental Health Service Users Forum

I report to the trustees on my examination of the accounts of North Devon Mental Health Service Users Forum for the year ended 31 December 2025.

Responsibilities and basis of report

As the charity trustees of North Devon Mental Health Service Users Forum you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the North Devon Mental Health Service Users Forum's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of North Devon Mental Health Service Users Forum as required by section 130 of the Act; or
2. the accounts do not accord with those records; or

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

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Catherine Williams FCA DChA
Independent Examiner
Westcotts (SW) LLP
47 Boutport Street
Barnstaple
Devon
EX31 1SQ

Date: 26th August 2026

North Devon Mental Health Service Users Forum

Receipts and Payments Account for the Year Ended 31 December 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
Receipts:					
Donations and grants	2	22,601	109,664	132,265	118,184
Charitable activities	3	-	-	-	2,454
Investment income	4	1,845	-	1,845	1,822
Total receipts		24,446	109,664	134,110	122,460
Payments:					
Employment costs		(118)	(46,571)	(46,689)	(17,196)
Other staff costs		(65)	(2,307)	(2,372)	(4,530)
Self employed costs		(20,938)	(14,725)	(35,663)	(21,191)
Establishment costs		(481)	(9,062)	(9,543)	(8,712)
Telephone and IT costs		(401)	(4,374)	(4,775)	(3,453)
Travel costs		(1,808)	(7,404)	(9,212)	(5,368)
Legal and professional fees		-	(919)	(919)	(679)
Accountancy fees		-	(5,135)	(5,135)	(3,834)
Office costs		(337)	(2,342)	(2,679)	(1,517)
Management costs		(8,920)	(12,690)	(21,610)	(41,760)
Sundry expenses		(689)	(1,231)	(1,920)	(1,930)
Fundraising costs		(4,015)	(344)	(4,359)	(5,924)
Total payments		(37,772)	(107,104)	(144,876)	(116,094)
Net (payments)/receipts		(13,326)	2,560	(10,766)	6,366
Cash brought forward		62,179	38,420	100,599	94,233
Cash carried forward	7	48,853	40,980	89,833	100,599

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2024 is shown in note 7.

North Devon Mental Health Service Users Forum

(Registration number: 1055224)
Statement of Assets and Liabilities as at 31 December 2025

	Note	2025 £	2024 £
Current assets			
Cash at bank and in hand		89,833	100,599
Restricted income funds			
Restricted funds		40,980	38,420
Unrestricted income funds			
Unrestricted funds		24,205	35,990
Designated funds		24,648	26,189
Total unrestricted funds		48,853	62,179
Total funds	7	89,833	100,599

The financial statements on pages 9 to 17 were approved by the trustees, and authorised for issue on 10/11/26 and signed on their behalf by:

Elliot Harris

Elliot Harris
Trustee

James Craigie
Trustee

Notes to the Financial Statements for the Year Ended 31 December 2025

1 Accounting policies

Basis of preparation
North Devon Mental Health Service Users Forum meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared on the receipts and payments basis.

Going concern
The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments
All incoming resources are included in the statement of financial activities when the charity receives the income. The following specific policies are applied to particular categories of income:

Donations are received by way of grants, donations and gifts and are included in full in the Receipts and Payments Account when received.

Grants are recognised in full in the Receipts and Payments Account in the year in which they are received.

Fees are included in the Receipts and Payments Account when received.

The value of services provided by volunteers has not been included.

Expenditure
Expenditure is recognised on a payments basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure
Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Designated funds are unrestricted funds set aside for specific purposes at the discretion of the trustees.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Notes to the Financial Statements for the Year Ended 31 December 2025 (continued)

2 Income from donations and legacies

	Unrestricted funds General £	Restricted funds £	Total 2025 £
Donations > £100	9,000	-	9,000
Donations < £100	360	-	360
Grants received	-	101,664	101,664
Regular giving	429	-	429
Government grants	-	8,000	8,000
Fundraising income	4,240	-	4,240
Counselling donations	8,572	-	8,572
	22,601	109,664	132,265

	Unrestricted funds General £	Restricted funds £	Total 2024 £
Donations > £100	1,452	330	1,782
Donations < £100	543	-	543
Counselling donations	9,601	-	9,601
Grants received	20,000	80,895	100,895
Regular giving	539	-	539
Government grants	-	1,150	1,150
Fundraising income	3,674	-	3,674
	35,809	82,375	118,184

Clarity is grateful to the following funders for making unrestricted grants that make our work possible:

Turnstyle Designs (https://www.turnstyledesigns.com/sustainability)
The Postcode Local Trust
Devon Community Foundation

See note 7 for details of these funders

Notes to the Financial Statements for the Year Ended 31 December 2025 (continued)

3 Income from charitable activities

	Total 2025 £	Total 2024 £
Counselling	-	2,280
Travel costs	-	174
	-	2,454

4 Investment income

	Unrestricted funds General £	Total 2025 £
Bank interest received	1,845	1,845

	Unrestricted funds General £	Total 2024 £
Bank interest received	1,822	1,822

5 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	45,913	16,909
Pension costs	776	287
	46,689	17,196

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Employees	2	1

No employee received emoluments of more than £60,000 during the year

Notes to the Financial Statements for the Year Ended 31 December 2025 (continued)

6 Taxation

The charity is a registered charity and is therefore exempt from taxation.

7 Funds

	Balance at 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 December 2025 £
Unrestricted funds					
Unrestricted funds	35,990	24,446	(24,720)	(11,511)	24,205
Designated funds					
Cessation fund	11,189	-	-	11,511	22,700
Postcode Local Trust	15,000	-	(13,052)	-	1,948
	26,189	-	(13,052)	11,511	24,648
Total unrestricted funds	62,179	24,446	(37,772)	-	48,853
Restricted funds					
Break the Cycle	296	-	-	-	296
Danny's Line	15,860	-	-	-	15,860
Devon Community Foundation	-	5,000	(1,898)	-	3,102
Fullabrook CIC	-	2,898	(2,898)	-	-
John's Charity	1,956	-	(1,956)	-	-
National Lottery - Hear Together	-	89,766	(69,554)	-	20,212
David Gibbons Trust	-	1,000	-	-	1,000
Trusthouse Charitable Foundation	10,000	-	(10,000)	-	-
Barnstaple Town Council	4,360	8,000	(12,360)	-	-
Grocers Charity	2,000	-	(2,000)	-	-
Focus Foundation	3,948	-	(3,948)	-	-
Norman Family Charitable Trust	-	3,000	(2,490)	-	510
	38,420	109,664	(107,104)	-	40,980
Total funds	100,599	134,110	(144,876)	-	89,833

Notes to the Financial Statements for the Year Ended 31 December 2025 (continued)

	Balance at 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 December 2024 £
Unrestricted funds					
General					
Unrestricted funds	30,338	40,085	(21,835)	(12,598)	35,990
Designated					
Cessation fund	13,591	-	-	(2,402)	11,189
Postcode Local Trust	-	-	-	15,000	15,000
	13,591	-	-	12,598	26,189
Total unrestricted funds	43,929	40,085	(21,835)	-	62,179
Restricted funds					
National Lottery - Hear Together	17,338	52,015	(69,353)	-	-
Break the Cycle	296	-	-	-	296
Danny's Line	15,530	330	-	-	15,860
Fullabrook CIC	5,000	-	(5,000)	-	-
David Gibbons Trust	2,000	-	(2,000)	-	-
Hendy Foundation	2,940	-	(2,940)	-	-
John's Charity	7,200	-	(5,244)	-	1,956
Trusthouse Charitable Foundation	-	10,000	-	-	10,000
North Devon Counsellors	-	1,150	(1,150)	-	-
Barnstaple Town Council	-	8,000	(3,640)	-	4,360
Grocers Charity	-	2,000	-	-	2,000
Schreier Foundation	-	3,000	(3,000)	-	-
Focus Foundation	-	5,880	(1,932)	-	3,948
	50,304	82,375	(94,259)	-	38,420
Total funds	94,233	122,460	(116,094)	-	100,599

Purposes of unrestricted funds

Unrestricted funds are used to further the objects of the charity, but are subject to no restrictions on their use within these objects.

Designated funds are used to cover potential costs if the charity finds that it is unable to continue to operate (cessation fund) or are set aside for other specific purposes at the discretion of the trustees, for example, the Postcode Local Trust funding.

Notes to the Financial Statements for the Year Ended 31 December 2025 (continued)

Unrestricted grants and donations

Turnstyle Designs are a North Devon based manufacturer of luxury door hardware for bespoke and high-end residential, commercial and yacht projects, They strive wherever possible to support local and give back to the community, which includes a generous annual donation to Clarity toward the costs of supporting mental health.

Postcode Local Trust supports smaller charities and good causes in West of England to make a difference to their community for the benefit of people and planet. Their unrestricted funding in 2024 is helping us meet essential staff costs through 2025 and into 2026.

Devon Community Foundation kindly provided a community grant in 2024 towards our core expenditure, funding such essential costs as insurance, professional fees, premises and office costs.

Purposes of Restricted Funds

Break the Cycle - is an initiative funded by North Devon Police to provide counselling to reduce the repetitive behaviour of individuals that results in police at a small amount of residual funding from this fixed term initiative is carried forward to tendance to incidents. In addition to supporting the individuals concerned, this intervention frees up police time, reduces the need for other emergency services and reduces the impact on the wider community.

Dannys Line - is an ongoing fundraising initiative to provide a telephone support service, staffed by experienced counsellors, to help individuals experiencing suicidal thoughts and intention. This community fundraised sum is currently held secure as a restricted reserve while investigating whether this is delivererable by Clarity, or better suited to another VCSE organisation.

Gibbons Family Trust - kindly gave funding to support our team of volunteer counsellors in their essential work in 2023 into 2024. We provide our volunteers with free clinical supervision and also regular line management, peer support, CPD training opportunities and travelling expenses.
At the end of 2025 the trust also generously provided funding for group workshops in 2026.

Fullabrook CIC - is a North Devon based grant maker that gave funding that contributed to volunteer support costs for 2023 into 2024, which includes travel costs, free clinical supervision and support, or opportunities for training.
In 2025 this CIC kindly funded staff travel and laptops, in addition to fundraising banners promoting the charity.

Hendy Foundation - met the costs of running one of the charity's twelve-week groups in 2024. Our therapeutic groups aim to create a peer support network for the beneficiaries, and involve a wide variety of direct and indirect costs including group facilitators, group development and administration, clinical lead input, clinical supervision, monitoring and evaluation, as well as venue costs.

Notes to the Financial Statements for the Year Ended 31 December 2025 (continued)

John's Charity - In 2023 we were fortunate to receive funding identified to cover the significant travel costs of the charity's team of volunteer counsellors through 2024 and beyond. The grant has being used for mileage and parking costs incurred, ensuring that these crucial volunteers are not financially impacted by their generous support to the charity.

The National Lottery - Hear Together grant commenced in 2024 for a period of three years, covering the costs of key personnel, the charity's premises costs and also its core business professional support costs. The support of the National Lottery continues to be the cornerstone of funding for the charity in the absence of any financial support from the government.

Trusthouse Charitable Foundation has generously provided funding towards the core costs of the charity. It would not be possible for the charity to maintain its premises and counselling operations without this financial support.

Focus Foundation provided an essential grant in 2024 to support Clarity's group counselling through its funding of various workshops fulfilling specific needs in the community.

Barnstaple Town Council has generously committed to three years of funding for the charity's significant volunteer costs, alongside other funders, which gives the charity longer term certainty that we can continue to attract and support our essential volunteer counsellors.

Grocers Charity kindly supported Clarity in 2024 with a grant towards our volunteer costs, covering their travel costs, free supervision and support, and specific training needs.

Schreier Foundation gave the charity a generous grant in 2024 to help cover the costs of essential free supervision for its committed volunteer counsellors. This is a valuable form of support to the team alongside the mentoring and support provided to them by the charity in their work with clients.

Devon Community Foundation - in 2025 the foundation kindly provided essential funding towards the charity's training costs, which we are committed to providing to support and develop our volunteers.

8 Related party transactions

There were no related party transactions in the year.